

# Kentucky



WIC-Approved Foods  
10/01/2014 - 9/30/2015

# Cereal

10 ounces or larger

## B & G Foods

- Cream of Wheat Instant
- Cream of Wheat Whole Grain
- Cream of Wheat 2 1/2 Minute
- Cream of Wheat Healthy Grain#
- Cream of Rice Instant



## General Mills

- Cheerios#
- Multi-Grain Cheerios#
- Fiber One Honey Clusters#
- Wheaties#
- Corn Chex
- Rice Chex
- Wheat Chex#
- Dora the Explorer#
- Go Diego Go#
- Kix#
- Honey Kix#
- Berry Berry Kix#
- Total#



# Cereal

## Kellogg's

- Scooby Doo Cereal#
- All Bran Complete Wheat Flakes#
- Corn Flakes
- Frosted Mini Wheats Big Bite#
- Frosted Mini Wheats Original#
- Frosted Mini Wheats Little Bites#
- Unfrosted Mini Wheats#



## Post

- Bran Flakes#
- Honey Bunches of Oats Honey Roasted
- Grape Nuts Original#
- Grape Nuts Flakes#



## Quaker

- Original Instant Oatmeal#
- Life
- King Vitamin
- Oatmeal Squares Golden Maple#
- Oatmeal Squares Brown Sugar#



## Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners
- Oat Blenders with Honey
- Original Hot Wheat Cereal



## Mom's Best

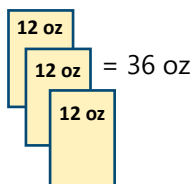
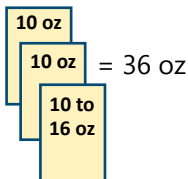
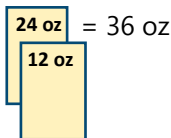
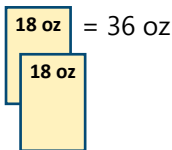
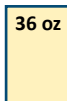
- Naturals Oats & Honey Blend



## NO Cereals not listed NO Organic Cereals

whole grain cereals are denoted with  
# symbol

## To buy 36 ounces of cereal



## Juice

### Unsweetened 100% Fruit/Vegetable

### 100% Frozen Fruit Juice 12 ounce

Any brand - Grapefruit or Orange  
Seneca - Apple  
Old Orchard - Any Flavor



### Can or Plastic 100% Fruit Juice 48 or 64 ounce

Any Brand - Grapefruit or Orange  
Apple - Lucky Leaf, Musselman's, Seneca, Mott's  
Pineapple - Del Monte, Libby's  
Big Tex - Any Flavor  
Juicy Juice - Any Flavor  
Old Orchard - Any Flavor  
Texsun - Any Flavor

### Can or Plastic 100% Vegetable Juice 48 or 64 ounce

Tomato Juice

Campbell's

Campbell's Low Sodium

Vegetable Juice

Big Tex

Texsun

V-8

V-8 Low Sodium

### Purchase size shown on EBT shopping list

**YES** Added calcium

**Not allowed**

**NO** 46 ounce juice

**NO** 11.5 ounce juice

**NO** Other juices or fruit drinks

**NO** Organic juice

**NO** Cocktails

**NO** V8 Lite, Splash, or Fusion

**NO** DHA, prebiotics, or artificial sweeteners

## Milk

**Lowest price brand of the type and size specified and selected**



**Fat-Free/Skim  
Low-Fat (1%)  
Reduced-Fat  
Whole**

**Acidophilus &/or bifidum (A/B), lactose free and powdered milks are allowed if shown on EBT shopping list**

**YES** Added calcium

### **Not allowed**

**NO** Flavored milk, Goat's Milk, Buttermilk, Vitamite 100, Rice, Almond, or Evaporated Milk

**NO** Organic Milk

**NO** Added plant sterols, sterols, DHA, ARA &/or Omega 3

## Soy Milk

**Half-gallon container**

**To purchase soy milk, it must be shown on EBT shopping list**

**Soy Milk- Half-Gallon container**

Approved Soymilk

Silk Soy  
Original

8th Continent  
Original



**NO other soy milk is authorized.**

## Milk

# WIC Cuts the Fat to 1% or Less Milk



**For women and children  
2 years and older.**

- Fewer Calories for a healthier weight.
- Less saturated fat for a healthier heart.
- More calcium for strong bones, teeth and healthy blood pressure.
- Same or more amounts of vitamins A and D.





## Cheese

**Block, Crumbled, Cubed, Sliced,  
Shredded, or String**  
**8 or 16 ounce packages only**  
**Lowest price brand of the type and size  
selected**

Brick  
Cheddar  
Colby  
Monterey Jack

Mozzarella  
Muenster  
Provolone  
Swiss



**YES** Variety packs/blends, low cholesterol, low or reduced-fat, nonfat, fat-free, added calcium and low sodium

### **Not allowed**

**NO** Deli cheese of any type  
**NO** American Cheese  
**NO** Cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese  
**NO** Added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)  
**NO** Organic Cheese  
**NO** Added probiotics (e.g., Live Active, etc.)

## Eggs

**Grade A - White - Dozen only**  
**Size - Small, medium or large**



### **Not allowed**

**NO** Organic, cage free, free range, low cholesterol, antibiotic free, vegetarian fed hen, multigrain diet fed, and no growth hormone  
**NO** Added Omega 3 or other fatty acids  
**NO** Brown eggs

## Dried Beans & Dried Peas

**Any Brand**  
**Dried - 16 ounce bag OR**  
**Canned - 15 to 16 ounce**



**Any** plain bean  
or pea. Some  
examples include:

Black  
Black-eyed  
Garbanzo  
Great Northern  
Kidney  
Lentils

Mixed  
Navy  
Pinto  
Red  
Speckled

**YES** Mixed beans (pinto and great northern etc.)  
**YES** Regular or low sodium

### **Not allowed**

**NO** Added meats, flavorings, sauces, spices/seasoning, fats, sugars, or oils  
**NO** Organic or baked  
**NO** Canned green beans, green peas, or waxed beans

## Peanut Butter

**Any Brand**  
**16 to 18 ounce only**



**YES** Chunky, Creamy, Crunchy, or Extra Crunchy  
**YES** Low sodium or low sugar  
**YES** Natural

### **Not allowed**

**NO** Low carb  
**NO** Chocolate, marshmallow, artificial sweeteners, jelly, honey, or flavors added  
**NO** Tubes, slices or "To Go" containers  
**NO** Organic Peanut Butter  
**NO** Reduced Fat  
**NO** Whips  
**NO** Omega 3, flaxseed, or plus

# Breastfeeding

## Breastfeeding is best for mother and baby.

Mother's milk is the perfect food for your baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy. There are many benefits of breastfeeding your baby.

### Benefits for Baby

- ✓ Most complete form of food for your baby.
- ✓ Provides immunities to your baby.
- ✓ Protects baby against Sudden Infant Death Syndrome (SIDS), ear infections, obesity, allergies, etc.
- ✓ Babies who are breastfed have less gas, spitting up and colic.

### Benefits for Mother

- ✓ Decreased risk of breast and ovarian cancer.
- ✓ Helps you return to pre-pregnancy weight faster.
- ✓ Increases bonding with your baby.
- ✓ Cheaper than bottle feeding.

## Is my baby getting enough?

Your baby will need to eat 8-12 times per day. This means your newborn baby needs to eat every 1 ½ to 3 hours. Babies have very small stomachs when they are born.

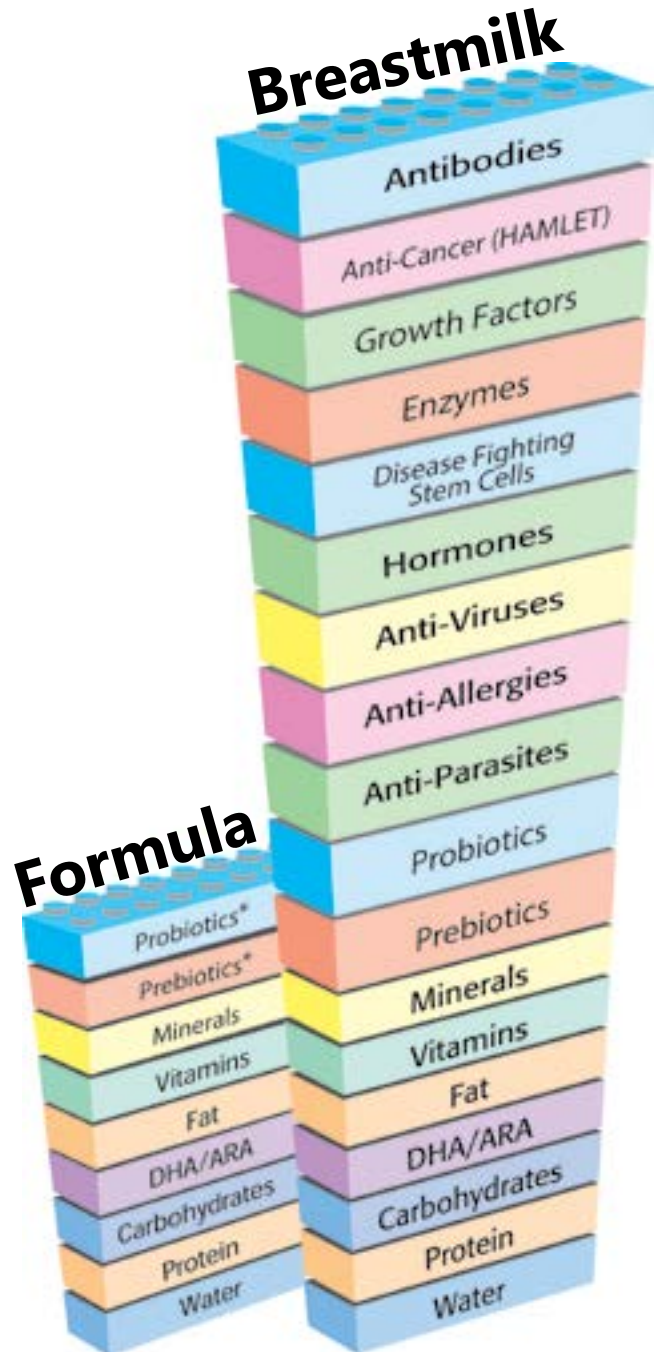
		
<b>1 Day Old</b>	<b>3 Days Old</b>	<b>10 Days Old</b>
5-7 ml	22-27 ml/ 1 oz.	60-81 ml/ 2-2.7 oz.
size of marble	size of strawberry	size of an egg

To make sure your baby is getting enough:

- ✓ Monitor your baby's weight gain. Babies should have a ½ to 1 ounce weight gain daily the first 6 months of life. Your baby should be back to birth weight by 2 weeks.
- ✓ Count wet and dirty diapers. Your baby should have 6 or more wet diapers and at least 3 dirty diapers after the first 6 days of life.

# Breastfeeding

## Breastmilk Has More of the Good Things Babies Need



# Tofu

8 or 14 to 16 ounce container

<u>Nasoya</u>	<u>House Foods</u>	<u>Azumaya</u>	<u>Simple Truth</u>
Extra Firm	Extra Firm	Firm	Firm
Firm	Firm		
Lite Firm	Regular		
Lite Silken			
Soft			
Super Firm Cubed			



**To purchase tofu, it must be shown on EBT shopping list**

**YES** Prepared with calcium/magnesium salts

**Not Allowed**

**NO** Added fats, sugars, oils or sodium

# Fish

**Only type and sizes below.  
Any brand packed only in oil or water.**

Pink Salmon - 6 & 7.5 ounce cans only

Sardines - 3.75 & 15 ounce cans only

Tuna Fish - 5 & 6 ounce cans only



**To purchase fish, it must be shown on EBT shopping list**

**YES** Regular or low sodium

**Not Allowed**

**NO** White or albacore tuna

**NO** Organic Fish

**NO** Foil Containers

**NO** Added seasonings, flavors, or dressings

# Whole Grains

**Brown Rice**

14 or 16 ounce only- Any Brand



**YES** Instant, quick, or regular

**Not Allowed**

**NO** Additives such as herbs, spices, peppers, cheese, or tomatoes

# Whole Grains

**Tortillas**

16 ounce package only

**Whole Wheat Tortillas**

Best Choice  
Carlita  
Celas  
Dan Pancho

Kroger  
La Banderita  
Miscasa 100%  
Mission 8"

Nuevo Leon  
Ortega  
Pepito

**Corn Tortillas**

Carlita  
Celas  
Dan Pancho  
La Banderita

La Burrita  
Meijer  
Pepito

**Not Allowed**

**NO** Additives such as herbs, spices, peppers, cheese, spinach or tomatoes

# Whole Grains

**100% Whole Wheat & Whole Grain  
Bread/Buns  
16 ounce size only**



Aunt Millie's Healthy  
Goodness 100%  
Whole Wheat



Bimbo 100%  
Whole Wheat



Bunny 100%  
Whole Wheat



Essential Everyday  
100% Whole Wheat



Food Lion 100%  
Whole Wheat



Healthy Life  
Sugar Free



Holsum 100%  
Whole Wheat



Kern's 100%  
Whole Wheat



Kroger 100%  
Whole Wheat



Meijer 100%  
Whole Wheat



Nature's Own Whole  
Grain Sugar Free



Pepperidge Farm  
Light Style Soft  
Wheat

## Not Allowed

**NO** White Bread

**NO** Organic Bread

**NO** Additives such as herbs, spices, peppers, cheese, tomatoes or raisins

# Whole Grains

**100% Whole Wheat & Whole Grain  
Bread/Buns  
16 ounce size only**



Pepperidge Farm  
Stoneground 100%  
Whole Wheat



Pepperidge Farm  
Very Thin Soft 100%  
Whole Wheat



Pepperidge Farm  
Whole Grain Seeded  
Rye



Roman Meal Sun-  
grain 100% Whole  
Wheat



Sara Lee 100%  
Whole Wheat



Schwebel's 100%  
Whole Wheat



Wonder 100%  
Whole Wheat



Healthy Life 100%  
Whole Wheat Hot  
Dog Buns



Healthy Life 100%  
Whole Wheat  
Sandwich Buns

**Combine whole grains to equal the  
amount shown on your EBT shopping list**

**EXAMPLE:**

16 oz. bread

+

16 oz.  
tortilla

= 32 oz.



# Fruits and Vegetables

## Fresh

**YES** Whole or cut

**YES** Organic

### **Not Allowed**

**NO POTATOES** **except** yams and sweet potatoes are allowed

**NO** Ornamental fruits or vegetables such as painted pumpkins or peppers on a string

**NO** Party trays or fruit baskets

**NO** Muffins or baked goods

**NO** Items from salad bar

**NO** Herbs or spices

**NO** Sprouts

**NO** Fruit/nut mixtures

**NO** Dried fruit or vegetables

**NO** Canned or pouches

**NO** Added dressings, croutons, herbs, spices, marinades etc.

## Frozen

**YES** Any brand, variety, or size

**YES** Whole, cut or mixed

**YES** Organic

**YES** With or without salt

### **Not Allowed**

**NO** Added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, potatoes, rice, or sauce

**NO** French fries, hash browns or tater tots

**NO** Breaded or battered vegetables



# Infant Foods



**Breastmilk is Best.**

## Formula

**Purchase size and type shown on EBT shopping list**

### **Not Allowed**

**NO** Whole, Low-Fat, Skim, Evaporated, or Goat's Milk

**NO** Organic Formula

## Dry Infant Cereal 8 ounce size only

### Approved Brands

Gerber

Beechnut

Goya



### **Not Allowed**

**NO** Additives such as fruit, formula, sugar, yogurt, or DHA & ARA

**NO** Organic

**NO** Cereal in jars or pouches

# Infant Foods

## Infant Fruits & Vegetables 4.0 ounce size only

### Approved Brands

Gerber



Beechnut



Goya



**YES** Plain fruit or vegetable combinations such as peas and carrots, apple and banana, or sweet potato and apple

### **Not Allowed**

**NO** Additives such as sugars, starches, salt/sodium, yogurt, or DHA & ARA

**NO** Organic

**NO** Dinners, desserts, "delights" or puddings

**NO** Pouches

## Infant Meat 2.5 ounce size only

### Approved Brands

Gerber



Beechnut



Goya



**To purchase infant meat, it must be shown on EBT shopping list**

**YES** Plain meats with gravy

### **Not Allowed**

**NO** Additives such as fruit, vegetable, or DHA & ARA

**NO** Oil, sugar, onion or garlic

**NO** Organic

**NO** Chicken sticks, Turkey Sticks, or Meat Sticks

**NO** Gerber Graduates Lil' Meals, Lil' Sides or Lil' Entrees

**NO** "Dinners"

**NO** Pouches

# Infant Foods

## Food Conversions

### Infant Cereal

$$\boxed{8 \text{ oz}} + \boxed{8 \text{ oz}} + \boxed{8 \text{ oz}} = 24 \text{ oz.}$$

### Infant Fruits and Vegetables

Fully Formula & Partially Breastfed Infant  
**128 oz. = 32 (4 oz.) jars**

Fully Breastfed Infant  
**256 oz. = 64 (4 oz.) jars**

### Infant Meat

Fully Breastfed Infant  
**77.5 oz. = 31 (2.5 oz.) jars**



# Report Violators of Laws and Regulations of USDA Programs

## **Criminal Activity, such as:**

- Bribery
- Smuggling
- Theft
- Fraud
- Endangerment of Public Health or Safety
- Mismanagement/ Waste of Funds
- Workplace Violence
- Employee Misconduct
- Research Misconduct
- Conflict of Interest

**Call 1-800-424-9121 or visit [www.usda.gov/oig](http://www.usda.gov/oig)**

The identity of complainants is protected under the provisions of the Whistleblower Protection Act of 1989.

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**WIC EBT Shopper: [www.EBTShopper.com](http://www.EBTShopper.com)**



**Kentucky Public Health**  
Prevention • Promotion • Protection

**WIC- 40**